

Swimming Lessons

November 5 - December 23, 2023

Registration Opens Oct. 30, 2023

Rates			
30 Minute Class (7 weeks)	45 Minute Class (7 weeks)	Private 30 Minute Class (7 weeks)	Semi-Private 30 Minute Class (7 weeks)
\$68.50	\$76.25	\$123.00	\$180.50
Jr. Lifeguard Club (7 weeks)	Y Waves Swim Team (7 weeks)	Adult Learn to Swim (7 weeks)	Adult Stroke Correction (7 weeks)
\$140.00 (1 Day/Week)	\$263.00 (2 Days/Week)	\$76.25	\$76.25
\$280.00 (2 Days/Week)			

SPLASHER/BUBBLER SWIM LESSONS

Parents/guardians will be required to be in the water to assist their child for this level of lessons.

ADULT SWIM CORRECTION COURSE

For adults seeking to enhance technique, learn new strokes, increase efficiency, boost speed, and prevent improper technique injuries.

Cobourg Indoor Pool Swim Lessons

Level	Tuesday	Wednesday	Thursday	Saturday	Sunday
Splasher/Bubbler	5:30PM - 6:00PM	5:00PM - 5:30PM	4:30PM - 5:00PM	9:30AM - 10:00AM	
Bobber	4:30PM - 5:00PM 5:30PM - 6:00PM 6:00PM - 6:30PM	4:30PM - 5:00PM 5:00PM - 5:30PM 6:00PM - 6:30PM	4:30PM - 5:00PM 5:00PM - 5:30PM 5:30PM - 6:00PM	9:00AM - 9:30AM 10:00AM - 10:30AM 10:30AM - 11:00AM 11:45AM - 12:15PM	
Floater	4:30PM - 5:00PM 5:00PM - 5:30PM 6:00PM - 6:30PM	4:30PM - 5:00PM 5:30PM - 6:00PM 6:00PM - 6:30PM	5:00PM - 5:30PM 5:30PM - 6:00PM 6:00PM - 6:30PM	9:30-10:00AM 11:30-12:00PM 11:45-12:15PM 12:15-12:45PM	
Glider/Diver	5:00PM - 5:30PM 6:30PM - 7:00PM	5:30PM - 6:00PM 6:45PM - 7:15PM	5:00PM - 5:30PM 6:30PM - 7:00PM	10:00AM - 10:30AM 11:15AM - 11:45AM 12:15PM - 12:45PM	
Surfer/Jumper	6:30PM - 7:00PM	5:30PM - 6:00PM	6:00PM - 6:30PM	10:00AM - 10:30AM	
Otter	4:30PM - 5:00PM 5:30PM - 6:00PM 6:30PM - 7:00PM	4:30PM - 5:00PM 5:30PM - 6:00PM	5:00PM - 5:30PM 6:00PM - 6:30PM	9:00AM - 9:30AM 9:30AM - 10:00AM 10:00AM - 10:30AM 12:15PM - 12:45PM	
Seal	5:00PM - 5:30PM 6:00PM - 6:30PM	5:00PM - 5:30PM 6:30PM - 7:00PM	4:30PM - 5:00PM 5:30PM - 6:00PM	9:00-9:30AM 10:30-11:00AM 12:00-12:30PM	
Dolphin/Swimmer	4:30PM - 5:00PM 5:30PM - 6:00PM 6:00PM - 6:30PM 6:30PM - 7:00PM	4:30PM - 5:00PM 6:00PM - 6:30PM	4:30PM - 5:00PM 5:30PM - 6:00PM 6:30PM - 7:00PM	9:00AM - 9:30AM 10:30AM - 11:00AM 11:00AM - 11:30AM	
Star 1/2	4:30PM - 5:15PM 6:00PM - 6:45PM	4:30PM - 5:15PM 6:00PM - 6:45PM	4:30PM - 5:15PM 6:00PM - 6:45PM	9:00AM - 9:45AM 10:30AM - 11:15AM	
Star 3/4	5:15PM - 6:00PM	5:15PM - 6:00PM 7:00PM - 7:45PM	6:00PM - 6:45PM 7:00PM - 7:45PM	9:45AM - 10:30AM 11:30AM - 12:15PM	
Star 5/6	7:00PM - 7:45PM	6:00PM - 6:45PM	5:15PM - 6:00PM	10:30AM - 11:15AM	
Private Lessons	5:00PM - 5:30PM 6:45PM - 7:15PM 7:00PM - 7:30PM 7:15PM - 7:45PM 7:30PM - 8:00PM	5:00PM - 5:30PM 6:30PM - 7:00PM 6:45PM - 7:15PM 7:15PM - 7:45PM	6:30PM - 7:00PM 6:45PM - 7:15PM 7:15PM - 7:45PM	9:30AM - 10:00AM 11:00AM - 11:30AM 11:15AM - 11:45AM 12:15PM - 12:45PM	10:00AM - 10:30AM 10:30AM - 11:00AM 11:00AM - 11:30AM 11:30AM - 12:00PM 12:00PM - 12:30PM 12:30PM - 1:00PM
Y Waves	7:00PM - 8:00PM		7:00PM - 8:00PM		
Jr. Lifeguard Club		7:00PM - 8:00PM		11:30PM - 12:30PM	
Adult Stroke Correction		7:15PM - 8:00PM			
Adult Learn to Swim			7:15PM - 8:00PM		

Programs and Schedule subject to change - please check website for updates.